WHAT IS CLAIMED IS:

1. A retractable skate comprising, in combination:

a sole dimensioned to be coupled to a shoe, said sole defining at least one recess therein;

a first armature having a first end and a second end and dimensioned to be retained in a stored position in said at least one recess of said sole, said first end of said first armature being pivotally coupled to said sole within said at least one recess, said second end of said first armature being dimensioned to extend out of said at least one recess when in use;

a second armature having a first end and a second end and dimensioned to be retained in said at least one recess of said sole, said first end of said second armature being pivotally coupled to said sole within said at least one recess, said second end of said second armature being dimensioned to extend out of said at least one recess when in use; and

at least one surface interface for providing travel on a surface and dimensioned to be coupled to said second end of said first armature and said second end of said second armature when said second end of said first armature and

said second end of said second armature being extended out of said at least one recess.

2. The retractable skate of Claim 1, further comprising:

a first fastener dimensioned to couple said at least one surface interface to said second end of said first armature; and

a second fastener dimensioned to couple said at least one surface interface to said second end of said second armature.

3. The retractable skate of Claim 2 wherein said first fastener and said second fastener each comprise a head and a threaded end, each said head having ridges dimensioned to allow each of said first fastener and said second fastener to be rotated by hand, said threaded end of said first fastener dimensioned to be coupled to said second end of said first armature through a threaded aperture defined by said second end of said first armature, said threaded end of said second fastener dimensioned to be coupled to said second end of said second armature through a threaded aperture defined by said second end of said second armature.

4. The retractable skate of Claim 2 wherein said second end of said first armature being forked and having a first tine and a second tine for accommodating said at least one surface interface therebetween, said first tine and said second tine of said first armature each defining an aperture for accommodating said first fastener therethrough, said second end of said second armature being forked and having a first tine and a second tine for accommodating said at least one surface interface therebetween, said first tine and said second tine of said second armature each defining an aperture for accommodating said second fastener therethrough.

5. The retractable skate of Claim 4 wherein said first fastener and said second fastener each comprise a head and a threaded end, said aperture in said first tine of said first armature being threaded for fastening said threaded end of said first fastener, said aperture in said first tine of said second armature being threaded for fastening said threaded end of said second fastener, so that said head of said first fastener and said head of said second fastener being positioned away from a skating surface when a skater leans into a left-hand turn.

6. The retractable skate of Claim 4, further comprising:

at least one protrusion coupled to said sole proximate said at least one recess, said at least one protrusion defining at least one aperture dimensioned to be in alignment with at least one of said apertures of said first tine and said second tine of said first armature and said apertures of said first tine and said second tine of said second armature when at least one of said first armature and said second armature being retained in said at least one recess of said sole, said at least one protrusion dimensioned to retain at least one of said first fastener and said second fastener and said first armature and said second armature through said at least one aperture of said at least one protrusion.

7. The retractable skate of Claim 6 wherein said first fastener being removable, said second fastener being removable, said sole defining at least one channel extending from a side of said sole to said at least one recess, said at least one channel dimensioned to receive at least one of said first fastener and said second fastener.

8. The retractable skate of Claim 1, further comprising means for securing said first armature and said second armature within said at least one recess.

9. The retractable skate of Claim 8 wherein said means for securing comprises at least one cover coupled to said sole and dimensioned to cover said at least one recess.

10. The retractable skate of Claim 8 wherein said means for securing comprises at least one protrusion coupled to said sole proximate said at least one recess and dimensioned to securely mate with at least one cavity defined by each said first armature and said second armature.

11. The retractable skate of Claim 1 wherein said surface interface being one of a blade, a pair of wheels, and a frame housing a plurality of wheels.

12. The retractable skate of Claim 1, further comprising:

at least one spring coupled to said sole proximate said at least one recess; and

at least one locking protrusion coupled to said at least one spring;

said first armature defining at least one cavity dimensioned to retain said at least one locking protrusion to prevent motion of said first armature, said second armature defining at least one cavity dimensioned to retain said at least one locking protrusion to prevent motion of said second armature.

13. A method of using a retractable skate, comprising the steps:

providing a sole dimensioned to be coupled to a shoe and defining at least one recess therein;

providing a first armature having a first end and a second end and dimensioned to be retained in a stored position in said at least one recess of said sole, said first end of said first armature being pivotally coupled to said sole within said at least one recess;

providing a second armature having a first end and a second end and dimensioned to be retained in a stored position in said at least one recess of said sole, said first end of said second armature being pivotally coupled to said sole within said at least one recess;

providing at least one surface interface for effective travel on a surface;

extending both said second end of said first armature and said second end of said second armature out of said at least one recess;

coupling said at least one surface interface to both said second end of said first armature and said second end of said second armature; and

traveling with said at least one surface interface making contact with a travel surface.

14. The method of Claim 13 wherein said surface interface being one of a blade, a pair of wheels, and a frame housing a plurality of wheels.

15. The method of Claim 13 further comprising the steps of:

detaching said at least one surface interface from said first armature and said second armature;

securing said first armature in said at least one recess; and

securing said second armature in said at least one recess.

16. The method of Claim 13, further comprising the steps of:

providing a first fastener and a second fastener;

said surface interface comprising a first wheel defining an axial aperture and a second wheel defining an axial aperture,

inserting said first fastener through both said axial aperture of said first wheel and an aperture defined by said second end of said first armature to couple said first wheel to said second end of said first armature; and

inserting said second fastener through both said axial aperture of said second wheel and an aperture defined by said second end of said second armature to couple said second wheel to said second end of said second armature.

17. The method of Claim 16 further comprising the steps of:

removing said first fastener from both said axial aperture of said first wheel and said second end of said first armature; and

removing said second fastener from both said axial aperture of said second wheel and said second end of said second armature.

18. The method of Claim 13, further comprising the steps of:

providing at least one cover coupled to said sole and dimensioned to cover said at least one recess;

moving said at least one cover to uncover said at least one recess to extend at least one of said first armature and said second armature out of said at least one recess; and

moving said at least one cover to cover said at least one recess after said first armature and said second armature being stored in said at least one recess.

19. The method of Claim 13, further comprising the steps of:

securing said first armature in said at least one recess; and

securing said second armature in said at least one recess.

20. The method of Claim 13, further comprising the steps of:

providing at least one locking mechanism coupled to said sole proximate said at least one recess and dimensioned to lock at least one of said first armature and said second armature in an extended position out of said at least one recess;

locking at least one of said first armature and said second armature in an extended position out of said at least one recess; and

disengaging said at least one locking mechanism from at least one of said first armature and said second armature before storing at least one of said first armature and said second armature.